



Price Updates

February 17, 2019

Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

www.clnf.org

1-800-456-7694

Item No:	Item Description	Old Price	New Price
GRANOLAS & DRY CEREAL			
010355	CHERRY ALMOND GRANOLA 3#	\$10.80	\$10.95
012055	CHERRY ALMOND GRANOLA 20#	\$62.00	\$65.00
NUTS			
030522	ALMOND MEAL, BLANCHED 5#	\$30.00	\$28.00
032522	ALMOND MEAL, BLANCHED 25#	\$125.00	\$115.00
031121	ALMOND MEAL, NATURAL 5#	\$28.00	\$26.00
032520	ALMOND MEAL, NATURAL 25#	\$120.00	\$110.00
030316	ALMONDS, SLICED, BLANCHED 3#	\$18.00	\$18.60
120014	ALMONDS, SLICED, BLANCHED 25#	\$120.00	\$125.00
030015	ALMONDS, SLICED, NATURAL 25#	\$125.00	\$120.00
120012	ALMONDS, SLIVERED BLANCHED 25#	\$130.00	\$125.00
032500	ALMONDS, WHOLE OG 25#	\$250.00	\$245.00
030325	BRAZIL NUTS, WHOLE 3#	\$24.00	\$20.25
030025	BRAZIL NUTS, WHOLE 44#	\$319.00	\$264.00
030125	BRAZIL NUTS, WHOLE 10 OZ	\$6.00	\$5.50
034425	BRAZIL NUTS, WHOLE OG 44#	\$495.00	\$319.00
030123	BRAZIL NUTS, WHOLE, OG 1#	\$13.25	\$9.75
030323	BRAZIL NUTS, WHOLE, OG 3#	\$37.80	\$24.00
030362	CASHEWS, LARGE PIECES 3#	\$20.25	\$19.80
030030	CASHEWS, LARGE PIECES 25#	\$150.00	\$140.00
032577	CASHEWS, WHOLE 320'S OG 25#	\$210.00	\$190.00
030345	CASHEWS, WHOLE 320'S OG 3#	\$26.40	\$25.50
030343	CASHEWS, WHOLE 320s, RS 3#	\$30.60	\$28.50
030040	CASHEWS, WHOLE 320s, RS 25#	\$230.00	\$210.00
030268	MIXED NUTS, 50% PEANUTS, RS 2#	\$13.20	\$12.80
030250	MIXED NUTS, 50% PNUTS, RS 25#	\$145.00	\$130.00
030247	MIXED NUTS, FANCY RS 2#	\$21.00	\$19.80
032560	MIXED NUTS, FANCY, RS 25#	\$225.00	\$200.00
030593	PEANUTS, SPANISH 5#	\$15.00	\$14.50
030072	PEANUTS, SPANISH 30#	\$81.00	\$72.00

030236	PECAN MEAL, FANCY	2#	\$11.00	\$9.50
031136	PECAN MEAL, FANCY	5#	\$25.00	\$21.25
030135	PECAN MEAL, FANCY	30#	\$141.00	\$120.00
031604	PECANS, 1/2s OG	1#	\$14.00	\$13.50
030204	PECANS, 1/2s, OG	2#	\$26.00	\$25.00
030230	PECANS, LARGE PIECES	2#	\$19.00	\$16.90
030530	PECANS, LARGE PIECES	5#	\$43.50	\$38.50
030130	PECANS, LARGE PIECES	30#	\$252.00	\$195.00
030232	PINENUTS, LARGE, CHINESE	2#	\$34.00	\$35.00
030244	PISTACHIOS, SHELLED	2#	\$26.00	\$24.00
032243	PISTACHIOS, SHELLED	25#	\$290.00	\$250.00
030143	PISTACHIOS, SHELLED, RS	25#	\$300.00	\$325.00
030165	WALNUTS, 1/2'S & PIECES	25#	\$105.00	\$95.00
030364	WALNUTS, 1/2s & PCS	3#	\$13.80	\$12.90
	DRIED FRUIT			
040048	BANANA CHIPS, UNSWEETENED	14#	\$27.30	\$26.60
042565	COCONUT, CHIPS OG	25#	\$67.50	\$65.00
041190	PEACHES NATURAL	5#	\$42.50	\$39.50
040180	PEACHES NATURAL	25#	\$195.00	\$175.00
041149	PEARS, NATURAL	5#	\$40.00	\$36.50
040190	PEARS, NATURAL	25#	\$190.00	\$168.75
040320	RAISINS, THOMPSON	30#	\$75.00	\$72.00
043010	RAISINS, THOMPSON JUMBO OG	30#	\$80.00	\$82.50
130140	RAISINS, THOMPSON, OG	5#	\$20.00	\$19.00
040325	RAISINS, THOMPSON, OG	30#	\$99.00	\$94.50
	SEEDS			
050517	FLAX SEEDS, BROWN, OG	5#	\$10.00	\$11.25
050015	FLAX SEEDS, BROWN, OG	25#	\$37.50	\$43.75
051518	FLAXSEEDS, GOLDEN OG	5#	\$10.00	\$12.00
052518	FLAXSEEDS, GOLDEN OG	25#	\$37.50	\$47.50
050125	PEPITAS(PMPKN), MEXICAN	10oz	\$5.00	\$5.50
050525	PEPITAS, PMKN SDS, MEXICAN	5#	\$32.50	\$35.00
050025	PEPITAS, PMPKIN SDS, MEXI	25#	\$137.50	\$150.00
330575	POPPY, BLUE SEED	5#	\$14.75	\$17.50
051163	SESAME SEEDS, HULLED, WHT	5#	\$10.00	\$11.00
050040	SESAME SEEDS, HULLED, WHT	50#	\$70.00	\$95.00
051167	SESAME SEEDS, NATURAL	5#	\$9.00	\$10.00
050035	SESAME SEEDS, NATURAL	50#	\$65.00	\$85.00

GRAINS			
085000	OAT BRAN 50#	\$37.50	\$40.00
075039	OAT GROATS, STEEL CUT OG 50#	\$47.50	\$48.50
073206	POPCORN, YELLOW, OG 32 oz	Now Sold by Each	\$3.50
FLAKED GRAIN			
080037	OATS, QUICK ROLLED 50#	\$22.50	\$23.50
080055	OATS, QUICK ROLLED, OG 50#	\$47.50	\$48.50
080040	OATS, REGULAR ROLLED 50#	\$22.50	\$23.50
080052	OATS, REGULAR ROLLED, OG 50#	\$47.50	\$48.50
085058	OATS, THICK ROLLED OG 50#	\$47.50	\$48.50
MEAT SUBSTITUTES			
181601	LOMA LINDA BLUE 5 BEAN CHILI 15oz	New Item!	\$3.95
182075	LOMA LINDA BLUE SIMPLE FRANKS 20oz	New Item!	\$5.60
181010	LOMA LINDA BLUE THAI GREEN CURRY 10oz	New Item!	\$3.50
181015	LOMA LINDA BLUE TIKKA MASALA 10oz	New Item!	\$3.50
182025	LOMA LINDA CHILI 20oz	New Item!	\$3.95
182065	LOMA LINDA CHOPLETS 20oz	New Item!	\$5.60
182080	LOMA LINDA LINKETTS 20oz	New Item!	\$5.60
181975	LOMA LINDA LITTLE LINKS 19oz	New Item!	\$5.60
180515	NEAT ORIGINAL MIX 5.5oz	New Item!	\$3.50
181301	LOMA LINDA SWISS STAKE w/ GRAVY 13oz	New Item!	\$4.95
180570	LOMA LINDA TUNO SPRING WATER 5oz	New Item!	\$1.40
181435	LOMA LINDA VEGE BURGER 19oz	New Item!	\$5.60
182060	LOMA LINDA VEGETABLE SKALLOPS 20oz	New Item!	\$5.60
182085	LOMA LINDA VEGETARIAN BURGER 20oz	New Item!	\$5.60
189631	LOMA LINDA BIG FRANKS 96oz	New Item!	\$19.75
184201	LOMA LINDA FRI-CHIK 42oz	\$13.50	\$11.75
181251	LOMA LINDA FRI-CHIK 12.5oz	\$5.50	\$4.95
181931	LOMA LINDA VEJA-LINKS 19oz	\$6.20	\$5.60
180613	SOY CURLS, CCF GMO FREE 3#	\$16.50	\$16.80
180612	SOY CURLS, CCF, NON GMO 12#	\$56.40	\$57.60
DAIRY SUBSTITUTES			
233520	BETTER THAN MILK RICE 21.4oz	\$12.25	\$14.00
230520	BETTER THAN MILK SOY 5#	\$36.00	\$37.00
232510	BETTER THAN MILK SOY 25#	\$160.00	\$165.00
232125	BETTER THAN MILK SOY 25.9 oz	\$13.25	\$13.50
230775	GOOD PLANeT AMERICAN SLICE 7oz	New Item!	\$3.85
230795	GOOD PLANeT CHEDDAR SLICE 7oz	New Item!	\$3.85
230785	GOOD PLANeT MOZZAREL SHRED 7oz	New Item!	\$3.85

	OIL		
240045	CANOLA OIL, VITAMIN E 1 GAL	\$7.50	\$7.80
240052	CORN OIL 1gal	\$8.50	\$7.00
	CAROB & CANDY		
271674	CAROB POWDER, CHATFIELD'S 16oz	\$4.25	\$5.50
	ODDS & ENDS		
300045	E-Z BUCKET OPENER	\$2.75	\$2.95
300520	NEAT EGG REPLACER 5.5oz	New Item!	\$3.50
300700	ROMA (COFFEE SUBSTITUTE) 7oz	\$8.25	\$7.50
300506	YEAST FLAKES, SHAKER 5 oz.	\$4.75	\$4.95